

Health Tips for seniors

Keeping your food safe

- **Facts**

- Bacteria love to grow on your food & can make you sick if you eat food with bacteria growing in it.
- You will not be able to see bacteria growing.

- **Try these tips out to ensure that your food stays safe:**

- Always refrigerate the following foods:
 - Pickles, olives, cut fruit
 - Salad dressings, mayonnaise
 - Butter, margarine, milk & milk products
 - Meats, chicken, fish, sandwich meats
 - Egg & pasta salads
 - Any leftovers
- Never leave any food out to cool or thaw
 - Refrigerate immediately!
 - If you need to thaw food, use the microwave or leave the food in the refrigerator
 - Do not leave perishable food in your car or carry it with you
 - If food has been sitting out for more than 2 hours, **THROW IT OUT!!!** It is unsafe to eat!

